



INSIDE THIS ISSUE

Page 2 - Director's Desk & Veg of month

Page 3 -Volunteers Page / LINK

Page4—Info page

Pages 5 / 6 - Activities

Page 7 - Luncheon Menu

Pages 8/ 9 –Events / Speakers

Page 10 - Our Contact Info.

Entrees at a Glance

03/03 Sweet Sour Chicken / Rice

03/04 Stuffed Cabbage / Mashed Potato

03/05 Alaskan Pollock / Rice Pilaf

03/06 Salisbury Steak / Sweet Potatoes

03/07 Stuffed Shells / Tomato Sauce

03/10 Meatloaf, Gravy / Parsley Potatoes

03/11 Chili Con Carne / Rice

03/12 Rotini & Meatballs

03/13 Beef Stroganoff / Rotini

03/14 Veggie Nuggets / Rice Peas & Carrots

03/17 Roast Turkey w/ Stuffing & Gravy

03/18 Ham & Cabbage / Red Potatoes

03/19 Corned Beef & Cabbage

03/20 Ital Sausage / Peppers Onions Hoagie

03/21 Lemon Pepper Fish / Mac & Cheese

03/24 Stuffed Chicken w/ Broccoli

03/25 Chicken Cordon Bleu / Rice Pilaf

03/26 Swedish Meatballs / Rotini

03/27 BBQ Chicken / Oven Brown Potatoes

03/28 Tuna Salad on Hoagie / Let & Tom

03/31 Stuffed Cabbage / Mashed Potatoes



SALAD BAR—Thurs. & Fri.



**CAN'T AFFORD OIL TO HEAT
YOUR HOUSE?**

**Are you having trouble afford-
ing oil to heat your home?**

Call: 1-800-JOE4OIL

Pike County Area Agency on Aging



PIKE COUNTY AREA AGENCY ON AGING PRESENTS HEALTHY STEPS IN MOTION

A FREE EXERCISE CLASS FOR SENIORS

Healthy Steps in Motion is an exercise program that incorporates warm-up, balance, weight resistance, strength training and cool down

segments, as its program foundation. HSIM was designed by the Pennsylvania Department of Aging and is offered to older adults at NO COST. It promotes regular physical activity, which provides many benefits for older adults.

Research has shown that older adults who practice weight resistance training, improve their balance and coordination which may decrease their risk for falls. Exercise can also reduce the risk of heart disease and certain types of cancers,



increase bone density, strengthen the heart and lungs, reduce stress and boost energy levels.

See below for schedule:

WHEN: February 18th to April 10th, 2014
Every Tuesday and Thursday

WHERE: Blooming Grove Senior Center,
150 Pike County Blvd, Lords Valley, PA 18428

TIME: 12 noon to 1:00 pm



Call Lana to register: 570-775-5550

REMEMBER, THE CLASS IS FREE



The Hemlock Ladies Club and Bob D'Elia of the Italian American Club graciously present Robin LoDolce and the PCAA with their 2013 annual donations for our Senior Center. We sincerely thank you all!

Beware the Ides of March,

Spring begins on the 20th, that's all I'm sayin'. Can't discuss the white stuff any more.

Patience: Albert Einstein is a March birthday, said

When a man sits with a pretty girl for an hour, it seems like a minute. But let him sit on a hot stove for a minute-----and it's longer than any hour. That's relativity.

Thank You to all who have been patient with service interruptions, rescheduled events and missed parties, The love birds of Valentines appear in the picture right: If you don't see them, that's because they are covered by two feet of snow!

Check out the Healthy Steps and Aging and the Chronic Disease Management programs being offered at all of the centers. Also the AARP is providing free tax assistance, slots are going like hot cakes! Also this month, is the Shingles clinic in Lackawaxen (see page 9 for details). We are so happy to partner with the Department of Health on this particularly important vaccination.

We have many things to look forward to now: Nutrition Month, a personal favorite and our new friends at Montague Shoprite are sponsoring "healthy Grocery Shopping" tours this month. Also this month is the beginning of lent and Purim. The new program at Delaware starts this month and we hope to provide that extra care to some of our people living at home who now can get some extra help and socialize, party and have great food! Ask about the Enhanced program for your family or neighbor. A brief intake screen is required.

We are also looking to Spring for the baseball start. Ask Lana about our trip to see the Railriders this Spring! Yes spring fever is here, Lion, Lamb, I don't care, we can't have this stuff in our driveways on Cinco De Mayo!



Enjoy The Taste of Eating Right



CHICAGO – While taste drives most food choices, eating nutrient-rich foods that provide the most nutrition per calorie, is one of the best ways to "Enjoy the Taste of Eating Right," according to the Academy of Nutrition and Dietetics. As part of the 2014 National Nutrition Month® theme, the Academy encourages everyone to choose the most nutritionally-packed foods you can from each of the five My Plate food groups every day. Nutrient-rich foods & beverages provide vitamins, minerals, protein, carbohydrates & other essential nutrients that offer health benefits with relatively few calories.

"When your daily eating plans include foods like vegetables, fruits, whole grains, lean meats, poultry, fish, eggs, fat-free or low-fat dairy, beans, nuts and seeds in the appropriate amounts, you are able to get many of the nutrients your body needs, all with relatively low amounts of calories," says registered dietitian nutritionist and Academy spokesperson Debbi Beauvais. Beauvais offers practical ways to add nutrient-rich foods and beverages to your daily diet:

Make oatmeal creamier by using fat-free milk instead of water. Mix in some raisins, dried cranberries, cherries or blueberries, too.

Make sandwiches on whole-grain bread, such as whole wheat or whole rye. Add slices of avocado, tomato or cucumber to lean roast beef, ham, turkey or chicken. When eating out, look for nutrient-rich choices, such as entrée salads with grilled seafood & low-calorie dressing, baked potatoes topped with salsa, grilled vegetables & reduced-fat cheese & yogurt parfaits made with strawberries and blueberries. Drink nutrient-rich, low-sugar beverages such as low-fat or fat-free milk or 100-percent fruit juice. Top foods with chopped nuts or reduced-fat sharp cheddar to get crunch, flavor & nutrients from the first bite.

- Spend a few minutes to cut & bag vegetables so they are in easy reach of every family member: ready-to-eat favorites include red, green or yellow peppers, broccoli or cauliflower flowerets, carrots, celery sticks, cucumbers, snap peas or radishes.
- Serve meals that pack multiple nutrient-rich foods into one dish, such as hearty, broth-based soups that are full of colorful vegetables, beans and lean meat. Make chili with a dollop of low-fat yogurt. Serve with whole-grain breads or rolls.

For dessert, enjoy a tropical treat by blending mango, plain low-fat milk, ice & a splash of pineapple juice, or stir chocolate syrup into a cup of coffee-flavored yogurt, freeze & enjoy.

VOLUNTEERING CAN BRING SPECIAL REWARDS

We urge you to take this opportunity to make valuable contributions to your community. Your expertise and experience is needed now more than ever. Some of the areas of Volunteer Service at Pike County Area Agency Aging are: Home-Bound Meal Delivery, and assisting at one of the three Senior Center's. For those who are looking for an even more challenging opportunity, the APPRISE program is the Pennsylvania State Health Insurance Program (SHIP). Our volunteers assist people with their Medicare questions. Or, the Ombudsman program, to serve as an advocate for nursing home and personal care home residents, to resolve problems with their quality of care. (Both of these opportunities will need specific training).

Become part of a group of caring volunteers continually gratified by doing something rewarding. Grow personally in the process of learning new skills, gaining new insights and achieving a sense of accomplishment.

Please take a minute and call me, Sue Van Orden and ask about other opportunities to help our community in Volunteering.

A special thank you to all of the current volunteers who give of their time.



Come join the gang, & volunteer!

Call me 570-775-5550 ext. 1303

Share your Smile Sue Van Orden



MARK YOUR CALENDARS AARP

Driver Safety Course Schedule

April, May & June



We will be taking registrations

in March for the April Date for the Driver Safety course through AARP here at the Blooming Grove Senior Center:

Friday, April 11th—4 Hr Refresher Course

Tuesday, May 13th & Wednesday, May 14th—8 HR

Thursday, June 12th—4 Hr. Refresher Course

All courses are from 1:30 to 5:30 pm

Pre-registration is required—Make checks payable to: **AARP**.

AARP members pay \$12.00 / non-members \$14.00—

Mail to: PCAAA, 150 Pike County Blvd., Hawley, PA 18428

Include your AARP number & your phone number. For more information, call: 570—775-5550



THE LINK IS AT IT AGAIN -

DE-STRESS THE CAREGIVER II –

MARCH 28TH, 2014 -WATCH FOR THE FLYER!

We had such a great response to the “De-Stress the Caregiver” Cross Training, that we are doing another session. Details will follow in a flyer as soon as the who, what, where and time is definite. This looks to be just as interesting, informative and relaxing as the first one. **All Care Givers** are welcome, Family, Agency personnel, Private, Formal and Informal. You will need to RSVP so watch for the flyer.

Barbara Leary, 570-775-5550 x1318 or

bleary@pikepa.org

BAD WEATHER AND CENTER CLOSINGS

This winter we have had more than our fair share of inclement weather, which at times has caused us to close our centers.

You can get up to the minute closings on the internet if you go to: <http://wnep.com/community-closing-calendar/>.

You can also go to radio stations: 93.5—95.3— 96.7—99.9—102.3—103.1—103.7—105.5 FM or 1220 AM.

PENNDOT road conditions: 570-296-7193

Getting Help with the Heating Bill

Contact your heating company (electric, natural gas or heating fuel company) as soon as possible with your most recent bill in hand and explain that you are having difficulty paying the bill. The utility company will either send you an application form for their assistance program or decide if you're eligible over the phone. Call the Stay Warm hotline at: 1-866-550-4355 for information on programs for which you may qualify. Visit their website at: www.turnsealsave.org

Descriptions of Assistance Programs for which you may qualify through your Utility Company:

***See Utility list below**

1. Customer Assistance Programs (CAP): Customer Assistance and Referral Evaluation Services (CARES)

Special needs customers who are experiencing family emergencies, divorce, unemployment, or medical emergencies. The program's goal is to provide support and direction to help customers pay their utility bill.

2. HARDSHIP FUNDS: Hardship Funds are emergency funds to help customers who have suffered a recent financial hardship and need temporary help in paying their utility bill.

3. LIHEAP—Low Income Home Energy Assistance Program ,Through The Department of Welfare— see below

4. Weatherization Assistance Program (WAP) provides qualified low-income customers free weatherization and education programs to help customers save energy and money. The main activities are installing energy saving devices and educating family members on their energy use. Call **1-866-466-3972** for details.

5. Low Income Usage Reduction Program (LIURP) also known as Smart Comfort, WARM Program, WRAP, or WARM Choice— through your utility company: LIURPs help you reduce the amount of energy you use, thereby reducing your overall energy bills.

If you qualify, you will receive an energy audit and, based on the audit, you may receive the installation of free energy conservation measures to help reduce your household's energy consumption.

***Here are some helpful utility company phone numbers:**

ELECTRIC:

Met-Ed: 1-800-393-7600

PPL: 1-800-358-6623

GAS:

UGI Penn Natural Gas: 800-652-0550

Agway: 888-982-4929

Eastern Propane: 570-226-3771

Combined Energy: 570-828-1700

Modern Gas: 570-457-5300

Pennywise: 570-775-0800

Suburban Propane: 800-776-7263

OIL:

Bottini: 845-744-2311

Pocono Oil—570-424-1900

Jess: 570-491-4555

FREE CELL PHONES

If you do not have phone service and need a cell phone, two companies are available for free cell phone service (only 1 per family) for seniors. Check income eligibility.

www.assurancewireless.com—or Phone: 877-209-6544

Free phone—250 free minutes per month & 250 free texts

www.safelinkwireless.com— or Phone: 800-723-3546

Free phone—250 free minutes—1000 free texts f

Cash, Crisis & Winterization Programs—150% of FPIG Income

Guidelines for homeowners & Renters

Household size / Max. Income Household size / Max. Income

1. \$1,436.25 \$17,235 6. \$3,948.75 \$47,385

2. \$1,938.75 \$23,265 7. \$4,451.25 \$53,415

3. \$2,441.25 \$29,295 8. \$4,953.75 \$59,445

4. \$2,943.75 \$35,325 9. \$5,456.25 \$65,475

5. \$3,446.25 \$41,355 10. \$5,958.75 \$71,505

Each Addition Person Add \$6,030

Remember to include with the application:

*Social Security numbers for all household members

*Income from the month prior to month of application (example: August application needs July income)

*Utility bill dated within 2 months of application / Deliverable Fuel bill dated 01/01/13 or later.

DPW Assistance / LIHEAP hotline: 1-866-857-7095

Apply online: www.compass.state.pa.us - or call 866-267-9181

Cash Component

* Opening date 11/4/2013

* Closing date 4/4/2014

* Minimum benefit amount of \$100

* Maximum benefit amount of \$1000

Crisis Exceptional Pay

*Opening date 11/4/2013

*Closed 1/1/2014

*Minimum benefit amount of \$25

*Maximum benefit amount of \$500

***Crisis Component ***

* Opening date 1/2/2014

*Closing date 4/4/2014

*Minimum benefit amount of \$25

*Maximum benefit amount \$500




***Total Crisis Exceptional Pay & Crisis component funds cannot exceed \$500**



MARCH 2014 Delaware Twp. Center 9am — 3pm

Monday	Tuesday	Wednesday	Thursday	Friday
3 Closed Medical Transport Eastern Orthodox Lent begins	4 Games & Cards Yoga w/ Pam Nat'l Pancake day Onsite I&R 	5 ASH WEDNESDAY Bingo, Games, Cards "Enhanced Sr. Center" 8-3	6 CLOSED Shopping 	7 Bingo, Games, Cards Quality HC—BP
10 Closed Medical Transport	11 Games & Cards Onsite I&R	12 Bingo, Games, Cards "Enhanced Sr. Center" 8-3	13 CLOSED Shopping 	14 Bingo, Cards Games
17 Closed Medical Transport	18 Games & Cards Yoga w/ Pam Onsite I&R 	19 Bingo, Games, Cards St. Patrick's Day Party "Enhanced Sr. Center" National Laugh Day! 	20 CLOSED SPRING BEGINS  Shopping	21 Bingo, Cards Games Healthy Steps in Motion 10:30—12:30
24 Closed	25 Games & Cards Stress/Anger Speaker 12:30—1:30 Onsite I&R	26 Bingo, Games, Cards SHINGLES VACCINATIONS 10—12 "Enhanced Sr. Center 8-3"	27 CLOSED Shopping 	28 Bingo, Cards Games Yoga w/ Pam 
31 Closed Medical Transport		Every 1st Friday of the Month Blood Pressure & Speaker—Quality HC 	3/9/14 - Daylight svgs time—clock— 1 hr ahead	Starting in March Yoga w/ Pam will be every 1st & 3rd Wed & 4th Friday 

MARCH 2014 Lackawaxen / Shohola Township 9:30am—2pm

EVERY MONDAY	EVERY WEDNESDAY	EVERY THURSDAY
Medical Transport Exercise with Dorothy Cards & Games Lunch BP / Glucose 	Exercise with Lana@ 12:30 3/19 -St. Patrick's Day Party  3/19 Stress/Anger Speaker 12:30 – 1:30 3/26 -Shingles Vaccinations 10—12	Cards & Games & Bingo Exercise with Annette Lunch 

Please note: If you plan on coming to the Lackawaxen Senior Center for exercise, please call to confirm that there will be exercise at the center on that day. Call: 570-685-7808



Do you need help from Veterans Affairs?



There is a representative here at the Blooming Grove Senior Center every third Tuesday of the month from 8:30 am—12:30 pm. He is also at the Lake Wallenpaupack Visitors Center every first Tuesday of the month. You can call Pierce Bunce at his office on 514 Broad Street, Milford, PA 18337 (570) 296-3563. The office hours are: 8:30—4:30 Monday through Thursday.

Get a copy of our Newsletter **FREE** online, receive updated Senior Center information, & downloadable forms visit: www.pikeaaa.org







SOCIAL SECURITY SCRANTON & STROUDSBURG OFFICES NEW HOURS

Social Security offices in Scranton and Stroudsburg's new hours: 9am—3 pm Mon, Tues, Thurs, Fri.-Wed. close at 12



MARCH 2014 Blooming Grove Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 E. Orthodox Lent Medical Transport <i>Hemlock Ladies</i>	4 MARDI GRAS Theme Luncheon Arts, Crafts & Chorus Healthy Steps in Motion 12—1 	5 BIGGER SHOPPING ASH WEDNESDAY- Cards, Dominoes, Rummikube & Bingo 	6 BIGGER SHOPPING Arts & Crafts & Bingo Wii bowling practice Blood Pressure Chronic Disease Mgmt 1:30—4pm 	7 Arts & Crafts Cards
10 Medical Transport Monday's Angels Alzheimer's Support 1:30pm	11 BIGGER SHOPPING Arts, Crafts & Chorus Tai Chi @ 10:30 Healthy Steps in Motion 12—1	12 Cards Dominoes, Rummikube, Bingo National Registered Dietitian Day!	13 Arts & Crafts & Bingo Wii bowling practice Happy Hookers Crochet Healthy Steps n Motion Chronic Disease Mgmt 1:30—4pm	14 Arts & Crafts Cards
17 Medical Transport	18 VA Rep @ 9 Arts, Crafts & Chorus Tai Chi @ 10:30 Healthy Steps in Motion 12—1 St. Patrick's Day Party Nat'l Oatmeal Cookie day 	19 Cards, Dominoes, Rummikube & Bingo Grief Support @ 10:30	20 SPRING BEGINS! Exercise w/Lana Arts & Crafts & Bingo Wii bowling practice Healthy Steps in Motion 12—1 Chronic Disease Mgmt 1:30—4pm 	21 Arts & Crafts Cards
24 Medical Transport Ombudsman Meeting 1:30	25 Arts,Crafts & Chorus Tai Chi @ 10:30 Healthy Steps In Motion 12—1	26 Cards, Dominoes, Rummikube & Bingo Blood Pressure	27 Arts & Crafts & Bingo Wii bowling practice Healthy Steps in Motion 12—1 Chronic Disease Mgmt 1:30—4pm	28 Arts & Crafts Cards
31 Medical Transport		SUNDAY—MARCH 9TH DAYLIGHT SAVINGS TIME BEGINS CLOCKS MOVE FORWARD 1 HR 		

Seniors Are Our First Priority

March Lunch Menu

Salad Bar Days



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Barley Soup Sweet & Sour Chicken with Rice Stir Fry Vegetables Rye Bread Peaches	4 Shrimp & Crab Bisque Chicken & Sausage Jambalaya Lemon Pepper Vegetable Medley Dinner Roll Ambrosia Salad	5 Cucumber Salad Alaskan Pollock Rice Pilaf Spinach Wheat Bread Mandarin Oranges	6 Minestrone Soup Salisbury Steak with Gravy Sweet Potatoes Peas Wheat Bread Fresh Fruit	7 Orange Juice Stuffed Shells w/ Tomato Sauce Italian Green Beans Italian Bread Chocolate Pudding
10 Broccoli & Chick-pea Salad Meatloaf & Gravy Parsley Potatoes Succotash Whole Wheat Bread Granola Bar	11 Carrot Raisin Salad Chili Con Carne Rice Mexicali Corn Cornbread Fresh Fruit	12 Cranberry juice Rotini & Meatballs with tomato Sauce Italian Green Beans Italian Bread Vanilla pudding	13 Corn Chowder Beef Stroganoff over Rotini Brussels Sprouts Whole Wheat Bread Ice cream	14 Red Beets & Onions Veggie Nuggets Rice with Peas & Carrots Dinner Roll Jello
17 Three Bean Salad Roast Turkey w/ Stuff- ing & Gravy Mashed Potatoes Mixed Veg Cranberry Sauce Fresh Fruit	18 Lentil Soup Ham & Cabbage Red Potatoes & Parsley Rye Bread Pistachio Pudding	19 Irish Slaw Corned Beef & cab- bage carrots, Potatoes Wheat Bread Fruit Crisp	20 Cottage Cheese/Fruit Italian Sausage Peppers & Onions Hoagie Roll Potatoes Calabrese oatmeal cookies	21 Split Pea Soup Lemon Pepper Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fruit Jell-O
24 Cranberry Juice Stuffed Chicken with Broccoli Sweet Potatoes Rye Bread Fruit Cocktail	25 Tossed Salad Chicken Cordon Bleu w/ Gravy Rice Pilaf green beans Wheat Bread Fresh Fruit	26 Red Cabbage Salad Swedish Meatballs Rotini Pasta String Beans Wheat Bread pineapples	27 Cole Slaw BBQ Chicken Oven Brown Potatoes Carrots Dinner Roll banana cake	28 Tomato Orzo Soup- Tuna Salad on Hoagie Roll Lettuce, Tomato, Onion Macaroni Salad Ice cream
31 Tossed Salad Stuffed Cabbage Corn Mashed Potatoes Rye Bread Apple sauce	<div style="text-align: center;"> MARDI GRAS!!! - Tuesday, March 4, 2014 </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: #90EE90; padding: 10px; border: 1px solid black; text-align: center;"> Come to MARDI GRAS! There will be great food and entertain- ment!  </div> <div style="background-color: #FFD700; padding: 10px; border: 1px solid black; text-align: center;"> Shrimp & Crab Bisque Chicken & Sausage Jambalaya Lemon Pepper Vegetable Medley Dinner Roll Ambrosia Salad </div> <div style="text-align: center;">  </div> </div>			

EVENTS and PROGRAMS

Delaware Township Happenings



"Enhanced" Senior Center Program.



The Center At Delaware Township

116 Wilson Hill Rd., Dingman's Ferry, PA—570-828-8494

Certified staff from Quality Healthcare Inc. to be provided to those who may need a "little extra help"

WEDNESDAY'S Beginning March 2014 8am—3 pm

Blood Pressures, Exercise, Medication Reminders—

Activities, Games, Music—Hot Lunch Served Each Day!

Contact 570-828-8494 for information & reservations.

Transportation available 570-296-3408

*Eligibility for program provide by Pike County AAA @ 570-775-5550

Pike County Area Agency on Aging Wants to Help You



This is the perfect opportunity for you to help your Senior Center. Through your participation in *Healthy Steps*, an award winning program designed to have fun and keep seniors on their feet and out of the hospital.

A workshop will be conducted:

Staying Active and Preventing Falls

Please register now!

Delaware Township Senior Center

116 Wilson Hill Rd., Dingmans Ferry, PA 18328

Friday, March 21, 2014 10:30 am to 1:30 pm

The workshop and lunch are **FREE**.

We also have Door Prizes available.

Pre-registration is required and you must be 50 years of age or older to participate

Call Lana, Linda or Donna to sign-up. **570-775-5550**



EVENTS and PROGRAMS



SMALL JOBS CREW IS AN ACT OF KINDNESS

In need of help with small jobs? General maintenance projects, yard work, clean-up? The small Jobs Crew from the Wallenpaupack Free Methodist Church want to help.

Our mission and purpose is to Love God, Love Others, Serve God, Serve Others. We seek to show our community the love of Christ through acts of kindness and service to others.

Please contact us with your information and needs and we will be happy to assist.

Contact : Gary and Kim Wyler—570-226-0554



NEED HELP? GET HELP!

CARIE: www.carie.org—Help to resolve senior issues— 800-356-3606

APPRISE: Heath ins. counseling for older adults—800-783-7067

BENEFITS CHECK UP: www.benefitscheckup.org - Online service helps older adults find out if they are eligible for private or public benefits.

PA DEPT OF PUBLIC WELFARE: www.dpw.state.pa.us—800-693-7462. supportive services & programs—all ages.

PA ATTORNEY GENERAL: www.attorneygeneral.gov—800-441-2555— Consumer Complaints

SHINGLES VACCINATIONS

The Pennsylvania Department of Health Is Providing a Shingle Shot Clinic

You are eligible for vaccines at LowCost if you are:

Underinsured (your insurance does not cover the vaccine) or

Underinsured (no insurance)

You must be 50 years of age or older

YOUR COST IS \$5.00—Checks made payable to: the PA Department of Health.

When: March 26, 2014 10 am to 12 pm

Where: Lackawaxen/Shohola Township Senior Center,

Lackawaxen Fire Dept., Beisel Beck Rd., & Rte. 590, Lackawaxen Pa 18435

Please call for Appointment:

Pike County Area Agency on Aging 570-775-5550 and

PA Dept. Of Health 570-253-7141



LIVING WELL

Chronic Disease Self-Management Program

~Improve Healthful Behaviors~

~Improve Health Status~

~Help reduce Hospital Stays~



For people with chronic conditions such as Arthritis, COPD, Heart Disease, Diabetes

Blooming Grove Senior Center

150 Pike County Blvd., Lords Valley, PA 18428

FREE, Six Sessions March 6, 13, 20, 27—April 3, 10

Sessions are 1:30—4:00 pm

This is a 2 1/2 hour program one time a week

Pre-registration is required, Call: 570-775-5550—Class size is limited, register early.

Pike County Area Agency on Aging's Prime Time Health Program

Will offer Stanford University's Chronic Disease Self-Management Program

Pike County Area Agency on Aging
150 Pike County Blvd.
Hawley PA 18428



**DO NOT CALL
REGISTRY**

If you would to stop those nagging calls from solicitors you can place your phone number on the Do Not call registry either by calling: 1-888-382-1222 or go on line to: www.donotcall.gov

Senior Law Center

Senior Law Center protects the legal rights & interests of Seniors in Pennsylvania through legal services, referral services and advocacy. Call the Senior Law helpline if you need assistance at: 877-727-7529

Non-Profit mailer

To renew subscription, clip out mailing label and send it in with the \$5 yearly fee. If you have email, just send your email address to: lhunt@pikepa.org, and get your newsletter sent right to your email address for **FREE**—Save time and money!

www.pikeaaa.org

Where to Find Information About the Medicare Plans Available in your County:

- * Medicare & You 2014 Handbook
- * www.medicare.gov Call APPRISE at: 1-800-783-7067
- * Call Medicare at: 1-800-633-4227 (Phone) or 1-877-486-2048 (TTY)
- * Or call us at: 570-775-5550 for an appointment to assist you

Pike County Area Agency on Aging

Blooming Grove Center 150 Pike County Blvd., Hawley, PA 18428

(Phone 570-775-5550 or 1-800-233-8911 Fax: 570-775-5558)

Office Hours: Monday through Friday - 8am to 4pm

Center Hours: Monday through Friday 9am to 4pm

Delaware Township Center, 116 Wilson Hill Rd., Dingmans Ferry, Pa 18328 (Phone 570-828-8494)

Tuesday, Wednesday & Friday 9am to 3pm

Lackawaxen/Shohola Township Center, Lackawaxen Fire Dept., Beisel Beck Rd. & Rte. 590, Lackawaxen, PA 18435. Monday & Wednesday and Thursday 9am to 2pm (Phone-570-685-7808)

Executive Director - Robin S. LoDolce E-Mail: rlodolce@pikepa.org

Waiver Supervisor- Rene Bernatzky

Nutrition Site Managers- Cherie Bland, Lea Langer & Barbara Paschell

Activity & Program Director & Prime Time Health Coordinator - Lana Romeo

Advisory Council

Chairperson: Norma Goldner * Karl A. Wagner, Jr., Commissioner Representative * Doris Bannon * Charlotte Bell *

* Jeanne Carlstedt * Patricia Crane * Jacqueline Eadicicco * Georgiana Ehrlich * Richard Siss * George Kanfer *

Marianne McMillin * Ethel Musselwhite * Joe Shevlin * Catherine Steele * Rita Tepperman *

Pike County Commissioners - Richard A. Caridi * Matt Osterberg * Karl A. Wagner, Jr. *

24hr. Elder Abuse Hotline: 1-800-233-8911

Pike County Transportation Hours 7:30am—4:00pm Phone 570-296-3408 Toll Free: 1-866-681-4947

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